

# Chronic Disease Prevention in Newaygo County

## Diabetes Prevention and Education

National Diabetes Prevention Program	Program for individuals diagnosed with Pre-diabetes or at risk for diabetes, 1 year course.	(231) 355-7531	1049 Newell St. P.O. BOX 580 White Cloud, MI 49349 <a href="http://www.dhd10.org">www.dhd10.org</a>
MSU-Extension	National Diabetes Prevention Program and PATH Classes	(231) 924-0500	5479 W. 72nd St., Suite 206 Fremont, MI 49412 <a href="http://www.msue.anr.msu.edu">www.msue.anr.msu.edu</a>

## Weight Management

Taking off Pounds Sensibly (TOPS)	Commission on Aging: Thursdays @ 5:15 pm	(313) 743-3142	93 S Gibbs St White Cloud, MI 49349 <a href="http://www.tops.org">www.tops.org</a>
Weight Watchers	Newaygo- Cronk's Oakridge Restaurant: Tuesdays @ 6:00 pm Fremont- First Christian Reformed Church: Thursdays @ 10:00 am	(800) 651-6000	Cronk's Oakridge Restaurant 9103 Mason Dr. Newaygo, MI 49337  First Christian Reformed 721 Hillcrest Fremont, MI 49412



**Losing just 7% of your body weight can reduce your risk of developing Type 2 diabetes and heart disease!**

Provided by: